



THE FRANKLIN CONNECTION

THE FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

MARCH, 2016

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street,
Franklin, MA 02038
Phone: 508-520-4945
Fax: 508 520-4917

Open M, T, W, Th & F,
8:30 am - 4:00 pm



FREE WIFI

COMMON GROUNDS CAFÉ



Breakfast
8:30-10:00 am
Lunch
11:30-1:00 pm

The Café is closed on
March 18

BEN'S BOUNTY GIFT KIOSK

Mon thru Fri;
10 am - 2 pm



Lots of great
bargains!



Strong For Life FITNESS PROGRAM

Back by popular demand, this 4-week DVD Exercise program will be offered by Wellness Nurse, Linda Hastings. These exercises are done sitting and the pace is slow and relaxed. The class includes strength and resistance training, which helps preserve and increase muscle mass, strength and function. It improves balance, increases bone density and benefits heart health. Class will consist of 30 minutes of exercise, followed by a health presentation each week, with discussion. The class will be held at the King Street Fire Station at 600 King Street. It is scheduled for Wednesdays at 11:00 a.m., starting March 23, and will go through April 13. Space is limited, so please call today to sign up!



EFFECTIVE COMMUNICATION STRATEGIES

This educational program will be presented by **Julie McMurray** of the **Alzheimer's Association** on Wed., March 16, at 1:00 to 2:30 p.m. Communication is about sending and receiving messages through attitude, tone of voice, facial expressions, and body language. As people with dementia progress, families need new ways to connect. Join us to explore how communication takes place, and learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please call to sign up.



BASEBALL & THE AMERICAN DREAM

Join us on Wed., March 23, at 1:30 p.m. For this fascinating presentation by **Professor Jeff Skillings** of **Dean College**. For over 150 years, baseball has followed the very journey of the American experience, its history, and its character. Baseball is one of our strongest links to our collective past and continues to inspire and invigorate us with a sense of reaching our greatest potential. More than anything, baseball is about "going home" - to our past, to our heritage, to the very core of our national soul. A slide show will accompany the presentation. Please call to reserve a seat for this exciting program.

Like us on Facebook! Check us out at www.facebook.com/franklinseniorcenter

Daily Activities...



MONDAY

- 9am-2pm** Barber \$8 / Hairdresser \$10, by appt
- 9am&1pm** Painting with A. Zandbergs 
- 9:30am** Italian Conversation Group
- 10am** Mexican Train Dominoes
- 10am** Asian Mah Jong; instruction offered
- 11am** The Page Turners read *The Other Wes Moore: One Name, Two Fates* by Wes Moore on 3/7
- 12pm** Zumba Aerobics/\$3, free for Y mbrs
- 1pm** Chair Volleyball
- 1pm** American Mah Jong
- 1pm** Women's Pool
- 1:15pm** Monday Movies: see page 5.
- 6pm** Cribbage Club

TUESDAY

- 9am** Cribbage 
- 9:30am** Chair Exercise w/Shirley Areano/\$2
- 9:30am** Busy Bee Crafts
- 10am** Manicures with Rona; \$8, by appt.
- 10am** Quilting for Beginners
- 10:45am** Cardio, Tone & Sculpt/\$3;free for Y members
- 12:30pm** March 15 - Legal Clinic; by appt.
Legal Assistance provided by
Samuel, Sayward & Bayler, LLC.
- 1pm** Bingo!
- 1pm** Cribbage Instruction
- 1-4pm** Chess Club; 1st & 3rd Tuesdays, Instruction provided!

WEDNESDAY

- 8:45-10am** Blood Sugar Tests;
2nd & 4th Wed.; 3/9 & 3/23
- 9am** Trailblazer Walking Club
- 9am** SHINE Counselor (by appt.)
- 10am** Quilting/Knitting Instruction
- 10am** Scrabble
- 10am** Chair Yoga with Susan /\$3
- 11:15am** Meditation with Susan Winters/\$2
- 12 - 2pm** Barber \$8 / Hairdresser \$10
- 1 - 3 pm** Senior Scribblers (Writing Group)
- 1:00 pm** Women's Pool
- 4pm** Caregivers Support Group; see pg. 5

THURSDAY

- 9am-1pm** Free Blood Pressure Testing 
- 9am** Cribbage & Bridge
- 9:30am** Busy Bee Crafts
- 9:30 am** Chair Exercise w/Shirley Areano/\$2
- 10:45am** Cardio, Tone & Sculpt/\$3;free for Y
- 1pm** Bingo!
- 1pm** Open Art Studio with Diana V.
- 3pm** Memory Café - 3rd Thursday
- 3:15pm** Tai Chi /\$5, free for 'Y' members

FRIDAY

- 10am** Woodcarving
- 10am** Current Events Discussion Group
(2nd & 4th Thursday of month)
- 11am** Zumba Aerobics/\$3; free for Y mbrs
- 1pm** TOPS Weight Loss Support Group
- 1-3:45pm** Podiatry Clinic (by appointment)
- 1pm** Pokeno
- 2pm** The Silvertones, Senior Chorus

The Senior Center Café will be closed on Friday, March 18



Follow us on Twitter
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Upcoming Events...

Wed., March 16: FIVE WISHES is presented by **Wellness Nurse, Linda Hastings**, at 11:00 a.m. Five Wishes is an advanced directive document (living will) that gives you a way to control how you will be treated if you become seriously ill. This tool addresses your personal, emotional, and spiritual needs and your medical wishes. It is valid under Massachusetts law. Call to sign up.



Wed., Mar. 16: EFFECTIVE COMMUNICATION STRATEGIES, presented by **Julie McMurray** of the **Alzheimer's Association** from 1:00 to 2:30 p.m. See page 1.

Thurs., March 17: MEMORY CAFÉ at 3:00 p.m. for people with Alzheimer's, or related dementias, and their care partners to enjoy a St. Patrick's Day Social. Please call to sign up.

Fri., March 18: ST. PATRICK'S DAY PARTY at 11:00 a.m. **Roger Tincknell** will sing lovely Irish ballads and lively favorites on traditional Irish instruments. Lunch is Corned Beef & Cabbage with all the fixings. Of course, we'll give prizes to the best Wearin O' the Green. Tickets (\$6) are on sale through March 11.

Wed., March 23: STRONG FOR LIFE FITNESS PROGRAM OFFERED; see page 1.

Wed., March 23: BASEBALL & THE AMERICAN DREAM at 1:30 p.m.; see page 1.

Thurs., March 24: CPR CLASS OFFERED at 3:15 p.m., with **Suzanne Dodakian, R.N.** The cost is \$25 and you will receive a card noting your certification in CPR.

Wed., March 30: FALL PREVENTION, YELLOW DOT & SENIOR ID'S at 1:00 p.m. with **Cheryl Bamberg**, Director of the RUOK Program, offering tips on how you can prevent falling and sustaining serious injuries. **Joe Canavan of the Norfolk County Sheriff's Office** will be here to explain the **Yellow Dot Program**, which provides a decal to affix to your vehicle's rear windshield. If you are involved in an accident or health emergency, the Yellow Dot decal alerts first responders that pertinent medical information is located in your glove compartment. We will also offer Senior ID cards. Please call to sign up!

UPCOMING...

Fri., April 1: FREE CAPTION PHONES may be available to you! Join us for a demonstration of these phones by Clear Captions at 10:00 a.m. This is a federally funded program to provide captioned telephones and service for hard of hearing residents through the Americans with Disabilities Act. To qualify you need: 1) to be hard of hearing, 2) have a home phone line and home internet. Please call to sign up.

Tues., April 5: SENATOR RICHARD ROSS OFFICE HOURS at 10:00 a.m. at the Senior Center.

Wed., April 6: INFO SESSION ON SENIOR PLAYERS GROUP at 1:30 p.m. We are working with the **Center for Adult Education & Community Learning** to establish a Players Group, where members read and act while holding the script. A 6-week session will start on Tues., Apr. 26 at 6:00 - 7:30 p.m. at the Franklin High School. The cost would be \$50. Call 508-613-1480 or come to this free session to learn more.

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Information & Referral...



PRESCRIPTION DRUG COSTS TOO HIGH? Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... you can be a homeowner and still *potentially* qualify for this program! Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. You may be eligible if you receive gross annual income of up to \$1,491 per month for individuals with an asset limit of \$13,640, or \$2,011 monthly income for a couple with an asset limit of \$27,250. For more information, make an appointment with our SHINE counselor.

FUNDING FOR HOME REPAIRS & FUEL ASSISTANCE: Franklin has funding to help low and moderate income property owners make repairs to their properties and provide fuel assistance. See below:

Help with Home Repairs for eligible owners of residential properties who can receive up to \$35,000 per unit to make needed repairs. Assistance will be provided in the form of zero-interest deferred payment loans. No repayment is required unless the property is sold or refinanced. At the end of 15 years the loan is forgiven and becomes a grant. Applications are available at the Senior Center.

IRS SCAM: The Franklin Police note that there have been multiple instances of scam artists calling seniors to say they owe the IRS money and will be subject to arrest and prosecution. Seniors are asked to provide personal information or send a money amount to a bogus address. This should put up a warning flag right away as the IRS will not have to ask us for any personal information as they already have it all. Hang up immediately on these calls!

RMV NEAR ME PROGRAM OFFERED AT THE FRANKLIN SENIOR CENTER: We are now able to help elders with Registry of Motor Vehicles (RMV) transactions at the Senior Center. Our staff has been trained by the RMV, and is now able to assist elderly residents with conducting online transactions as well as helping to locate important RMV forms, documents, and resources online. Examples of several RMV transactions that can be processed at Senior Center include: 1) renewing Massachusetts driver's licenses online (if the resident is younger than 75), 2) renewing a motor vehicle registration, 3) Change of Address, 4) Duplicate license or registration, and 5) How to report a lost or stolen disability placard and how to request a replacement.

-MORE INFORMATION ABOUT THE ABOVE, CALL ERIN ROGERS (508) 520-4945 -



WELCOME HOME

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**Helping the community is
always a smart investment.**

The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. To learn more about the Rockland Trust Charitable Foundation visit any branch or RocklandTrust.com.

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Supportive Day Program...



The Sunshine Club at the Franklin Senior Center offers frail elders individual attention and the company of others. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, has low vision or dementia, come visit! To learn more, call Carol Adiletto or Donna Haynes at (508) 520-4945.

The Sunshine Club

A **CAREGIVER SUPPORT GROUP** is offered on the **2nd & 4th Wednesday of the month at 4:00 p.m.** Participation in the Supportive Day Program is not required for the Support Group and respite care is available during the meeting. Please call to sign up for the Support Group and to make a reservation for respite care.



FOR TRANSPORTATION
call Kiessling Transit at
1-800-698-7676, Option 1

FOR HOME DELIVERED MEALS
call Tri-Valley Elder Services
at 1-800-286-6640

CAREGIVERS CORNER...

ATTENTION CAREGIVERS!



The Franklin Senior Center offers a trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour and the service provides socialization and stimulation for your loved one and respite for you. Our Companion Caregiver Program can help, and the first visit is free! Please call Elaine at 508 520-4945. Also, consider the Memory Café on Thursday, March 17, for a fun social visit with others; see page 3.



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Trips...



Date	Destination	Details	Cost
Apr. 19	"The Moulin Rouge Meets Massachusetts", Lantana's in Randolph	L'Opera Burlesque - where the glamour of Old Hollywood meets the excitement of Ziegfeld. Lunch is Chicken Parmesan.	\$89 per person includes transp., lunch & show.
May 18	Elton John & Billy Joel Tribute Show at Luciano's Lake Pearl	A fabulous tribute to two superb performers. Lunch is Breast of Chicken or Baked Schrod. (Dial-a-Ride transportation; call after May 1.)	\$65 per person includes lunch & show. Drive on your own.
June 22	Superstars and the Queens of Country at Venus deMilo, Swansea	A great tribute to the biggest names in Country—Reba McEntire, Willie Nelson, Waylon Jennings, Johnny Cash, & Dolly Parton. Lunch is Baked Chicken or Schrod.	\$89 per person includes transp, lunch & show.
July 18	The Heyday of the Big Bands & Pop Goes the Fourth	The Roy Scott Band covers over 60 years of great music from the Swing Era to the Swing Revival. Lunch is Baked Chicken or Schrod.	\$59 per person includes lunch & show. Drive on your own.
Aug.11	Michael Minor at Fosters Clambake Restaurant	A super talented comedian, ventriloquist, impressionist & singer! And the great Lobsterbake Foster's is famous for. Or BBQ Chicken.	\$89.95 per person includes transp, lunch & show.
Sept. 21	Forever Motown, Venus DeMilo in Swansea, MA	Featuring the best of the iconic sounds of Motown; Four Tops, Smokey Robinson, Marvin Gaye, the Supremes, The Temptations & more! Lunch is Chicken Parmesan or Baked Schrod.	\$89 per person includes transp., lunch & show.

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

With Sincere Appreciation...

- **The Friends of Franklin Elders** for funding the entertainment at our party and purchasing our kiosks.
- **The Trailblazers Walking Club** for a generous donation in memory of **Betty Noble & Mary Hayes DeLucia**.
- **TOPS (Taking Off Pounds Sensibly)** for a generous donation to support the Senior Center.
- **Lyn O'Brien** for providing TB testing to staff.
- **Samuel, Sayward & Bayler, LLC.**, for providing our Legal Clinic.
- **Ron Higginbottom** for assembling our new kiosks.
- **The Early Child Development Center** for sending us beautiful Valentines.
- **The Benjamin Franklin Charter School** for donating Valentines goodies!
- **Irene Pond, Marie Murphy, Jean Tolland Sheila Tuttle, Joyce Pisani, Charles Donovan, Helen Baker, Susan Tyler, Richard Longobardi, Felix Montalvo, Nancy Murdock, Mary Anne Bertone, Sona Bedirian, Barbara Cremer, Connie Aivano, and Cathy Gagnon** for donating items to our Gift Shop.

Thanks



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Friends of Franklin Elders, Inc.

Ron Higginbottom, Chairman
Marge Capezza, Secretary
Julie Garilli, Treasurer
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Jackie Higgins *Helen Power*
Paula Lombardi *Nan Rafter*
Judy Pfeffer *Portia Tang*

Friends of Franklin Elders...



The Friends of Franklin Elders is a private, non-profit organization whose purpose is to supplement local and state government funding of the Franklin Senior Center by providing funds for programs, services and equipment. The Friends also publish The Franklin Connection. The next meeting of the Friends of Franklin Elders is scheduled for Fri., April 22 at 9:30 a.m. The public is welcome!

MEMORIAL DONATIONS

- Gloria Rollinson in memory of N. & A. Mucciarone & Sons & John & Henry DeGregoria & Edgar Rollinson
- Richard Apalakian in memory of Lawrence Dayian
- Nora Minnichelli in memory of Lawrence S. Dayian
- Paul & Paula Stock in memory of Larry Dayian
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- Bette Picard in memory of Edward Picard
- William B. Reynolds in memory of Barbara Picard??
- Ronald A. Rutowski in memory of Phyllis A. Rutowski
- Lisa Shaughnessy in memory of John M. Cummings
- Mary Silve in memory of Francis Malley
- Patricia Stevens in memory of Richard Stevens
- Aldo F. Vendetti in memory of Cheryl Vendetti
- Cora Labossiere in memory of Francis Labossiere & Fannie Pichierri
- Carol Giardino in memory of John Lavigne
- Beverly Watts in memory of Nicholas & Christina Mulcahay
- Jeanette Hart in memory of Charles E. Hart
- Geneva Doherty in memory of Jack Doherty
- Mary Foley in memory of Walter J. Foley
- Richard Corsini in memory of Peggy Corsini
- Dona P. Mackintosh in memory of Don Mackintosh
- Shirley Barroso in memory of Stacie Barroso
- Barbara Ann Kelly in memory of Ellen Gruseck
- Joan Fontaine in memory of Matthew & Bruce Fontaine
- Geraldine & Anthony Luzzo in memory of Rose Toscano & Ann Rago
- Angelina Carlucci in memory of Anthony & Olga Mucciarone & Nelo & Josephine Luccini
- Marylou Degnim in memory of Paul Degnim
- Gino Dascenzo in memory of Paul Dascenzo
- Carol White in memory of Fred F. White
- Anne Evans in memory of Bertha H. Wasnewsky

FRANKLIN COUNCIL ON AGING

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Respite Companions.....Karen Calabrese
& Mary Claire Flaherty
Driver.....Phyllis Molloy
Grill Cook.....Paul Ledwith

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

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Franklin Senior Center

"Independence, Engagement & Connection!"

The Franklin Council on Aging meets on the second Tuesday of the month at 9:00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ *Identifying the needs of this population and creating programs that meet those needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.*

And On The Lighter Side...

IRISH INSIGHT



You know your Irish when:

- You're strangely poetic after a few beers.
- You have no idea how to make a long story short.
- Tea is the solution to everything.
- You have a gift for swearing.
- If an Irish girl is quiet, smiling and says, "Nothing's wrong", what she is really thinking is where can I dispose of your body and still make last call.
- Irish Diplomacy: The art of telling someone to go to hell and having them look forward to the trip!
- You know you were brought up by Irish parents if, in any crisis, large or small, the first thing you say is, "Jesus, Mary & Joseph!"
- When you are Irish you know that all your problems can be solved with one of the following: Tea, holy water, Jameson's or Guinness.
- Pubs—the official sunblock of Ireland.
- If I had an Irish accent, I would never stop talking.